

TO: Boys Crew and Girls Crew
FROM: Coach Carabillo and Coach Atencio

DATE: February 17, 2026

We are very excited about the upcoming spring season. Please read this letter carefully and be sure to look closely at the list of important dates. This season is going to be about fitness, technique and spring racing momentum.

Practice will begin on Monday, March 9, 2026, with a Boathouse Clean Up and putting in the dock on Saturday, March 7th at 10:00. The FOSC Contribution Form and the schedule sign off sheet should be returned to the coaches on the first day of practice. The Registration Link is below; you must be registered by March 5th to be cleared for practice on March 9th. Please register asap!

[2026 Spring Registration](#)

You will not be allowed to practice until the Athletic Department clears you and we have **ALL** your paperwork.

Safety

- We ask if you leave the high school to drive to the boathouse, you do so carefully, be aware of traffic and pedestrians. If you are walking down, please walk single file.
- While on the water, listen to your coach and your coxswain. Be attentive to practice, focusing on your skills and fitness.
- Athletes should walk down in pairs and should do any running in pairs. We will be running on the bike trail or in Stratton. If able, bring your cell phone and add the boathouse number. 860-658-7060.
- We work very hard to obtain and maintain the building, equipment, and grounds. The boathouse is a second home to the team members. We would hope that athletes and users of the boathouse would treat it accordingly. Please respect people's property.
- Please be sure that you act accordingly by representing your team well during practices and races.

Academics

- You need to be sure to stay on top of your schoolwork. Be sure to plan your time accordingly so you are not rushing to get your work done.
- If you need to stay after school, please let us know ahead of time if you can. If you leave school due to illness you must stay home. Please try and let us know as well via our email, do not assume the school will.
- You must follow the new SHS attendance policy. Any unexcused absence or parent excused absence will prevent you from practicing that day.
- **AP Tests**
 - Please be sure that we know when AP testing starts.

Injuries

- Injuries should be reported to the coaching staff. Many times, an athlete will be sent up to the high school trainer to be evaluated. Once evaluated by the training staff, athletes will be either referred to their own doctor for further evaluation or given a rehab program by the athletic trainer.
- Written clearance will be needed either from evaluating doctors or from the athletic trainer to return to practice. (This includes pre-existing conditions coming into the season)

Clothing: IT IS COLD IN MARCH AND APRIL...BE PREPARED

- Although this is the spring season there will be many days that will still feel like winter, particularly at 5:00, as the sun goes down. Please make sure that you dress accordingly.
- You should have warm dry clothes for after practice. You **MUST** also have a hat, long pants, a long-sleeved shirt and socks to practice in well as clothes for cold weather and rain. All clothing should be labeled should it make it to the lost and found.
- Running shoes, boots for coxswains, wool socks and **NO FLIP-FLOPS**.
- Please also remember that the water does not get turned on until late April. You must come to practice with your **OWN, FILLED** water bottle. Sharing of Water Bottles will not be allowed. We cannot afford to have anyone be sick. There will be port-a-potties.

Nutrition and Hydration

- The water is off at boathouse until at least mid-April!! Make sure you have a large **FILLED** water bottle labeled with your name. **Please note there will NOT be any water bottles in the office this year.**
- Please bring a snack or two to eat on the way down, to fuel your body properly. Bananas or grapes are very good sources of readily available carbs and they travel well.

Practice organization

- Practice will begin at 3:00 sharp and end by 5:30 at the latest. The more organized we are the sooner we can get started and the sooner we can get you home to focus on family and school.
- Please arrive at the boathouse on time
 - o Do not stop along the way and buy food or drinks.
 - o ***If you need to stay after school to see teachers that is fine. Let your coach know & please bring a pass.***
- Check the boards for your name and the plan for the day
- Quickly change
- Take out equipment
- Put extra clothes and water bottles in the boat box if necessary
- Warm Up and Stretch Immediately
 - o We realize that this is sometimes difficult, however, the sooner we get started the sooner we can go home. Our goal is to have everyone leaving on time.
 - o Please use time wisely (When dismissed, go home, have dinner, and get started on homework)
- Do ALL your daily land training
- It is important that the boat box is full and rowers have gone to the bathroom before the coxswain asks for hands on. Efficiency will help us get more time on the water and gain more speed.
- **Varsity:**
 - o Most days we would like to be ready to launch 15-20mins after arrival. If your boat is going out later, you will need to do the land training and then launch your crew after everyone has arrived.
 - o Arrive on time, check the board, get equipment out and begin stretching ASAP
 - o Land training is very important to maintain a strong fitness level and will help us to compete at the highest level possible. Make sure you maximize your time to complete each workout every day.
- The coaching staff prides itself on the strength of our **TEAM (Together Each Accomplishes More)**. Training is effective if athletes are at practice and boats are together on a regular basis. Tardiness, unexcused absences, and other occurrences which derail practice will result in less pleasing results. Focus on the areas **You Control** when it comes to training and prep for races.

Boat Selection

- We are looking forward to the start of this season. We have a lot of work ahead of us if we are to accomplish our goals.
- Several novices will be given opportunities to earn a JV or Varsity seat throughout the season. As they progress and improve, they will challenge – ultimately making the team faster.
- Seats are earned through overall ability to make the boat faster, switches, and ability to row a particular seat or side
- **There will be athletes who continue to move between Novice, JV and Varsity as the season progresses.**

Spring Break

- ***It is your responsibility to attend all crew practices.*** If you need to visit colleges during spring break, please schedule them for the **Thursday off day or Friday afternoon.**
- If you must go on other days, see your coach well in advance so that we can let you know what days and times are best. We will do our best to meet your needs, but please remember that we are in the middle of the racing season and every practice is important.
- Missing practices and/or races could result in the loss of a seat in a racing boat. See “Important Dates” for more information.
- Novice boats are more flexible with their attendance during this week.

Racing

- The first 4 races of the season are qualifying races for the season ending championships. We need three races with different teams to qualify for CPSRA, our Public Schools Championship regatta. We need to qualify in the top 18 in 1st or 2nd boat, and top 12 for 3rd to participate in NEIRA, our New England Championship regatta.
 - Tabor Cup, Exeter Invitational, Q-Cup, and Kent Invitational affect our seeding and ability to race at CPSRA and NEIRA.

Junior & Senior Prom

- Junior prom is scheduled for Saturday, May 16th. This is the Saturday before the CPSRA State Championship at Lake Waramaug, New Preston, CT. If you choose to attend Junior Prom it is extremely important that you get home to bed at a reasonable time. We want everyone to have a good time at Prom, but resting before the regatta is important too. Keep priorities in line as you balance life – another life skill we try to teach!!
- Senior Prom is Friday before the Banquet. The banquet is Sunday evening, please plan accordingly.

Transportation

Note: When the school provides transportation, athletes are expected to use it. Athletes leaving a regatta early or coming late must ride with their parents or guardian. Parents should fill out the Transportation Form by Thursday before the regatta on the following link.

[Transportation Form](#)

Varsity Letters

- To earn a varsity letter, you must do one of the following:
 - Compete in at least 50% of regattas in a 1st or 2nd boat in the fall or spring
 - A senior that has completed the spring season of their senior year with the program

Oar Awards

- Oars will be given only to those seniors who complete the spring of their senior year. Oars will be given out at the banquet.

Equipment

- We work very hard for our equipment and as coaches we expect you to take care of it. If there is a problem or something is broken, please let us know immediately. Small problems are easier to take care of than big problems.
- We would like to thank the athletes who participated in the erg-a-thon, helped organize leaf raking and helped with the erg raffle. We did a great job on our fall fundraisers. This money will allow us to keep the program strong and competitive.

LIST OF IMPORTANT DATES

Saturday, March 7th – Boathouse Clean Up and Putting in the Dock. 10:00am

Monday, March 9th – Practice begins after school

Friday, March 14th – No School – Practice will be 9:00-12:00

Friday, April 3rd – No School – Practice will be 9:00-12:00

Saturday, April 11th: **Simsbury/Tabor Invitational** – Tabor, Shrewsbury, Stonington, E.Lyme, St. John's @ Worcester, time – TBA **1st – 3rd boats, 1st freshmen or 4th boats**

April 13 – April 17th: Spring Break Practices: MTWF we will have double practices. **Practice times are 9-11:30 and again from 12:30-2:00. The time off is for a light lunch.** Wednesday will be a 1st boat only Kent Scrimmage. Thursday is off for college visits and family time.

Saturday, April 18th: **Exeter Invitational** – Exeter, Kent, Hingham, St. John's, Boston Latin, @ Worcester, time – TBA **1st – 3rd boats, 1st freshmen or 4th boats**

Wednesday, April 22nd – Half Day. Practice time is TBA

Saturday, April 25th: **Q-Cup** – Shrewsbury, E.Lyme, Duxbury, Brookline, St. John's – Boys, Stonington - Girls @ Worcester, time – TBA **1st – 3rd boats, 1st freshmen or 4th boats**

Saturday, May 9th: **Kent Invitational** – Kent, Brunswick, Salisbury, Deerfield, Glastonbury, Stonington, Farmington, E. Lyme, Hingham, Boston Latin and Bedford @ Lake Waramaug, time – TBA. There will be flights for this regatta based upon seeding. **1st – 3rd boats and 1st novice boats**

Sunday, May 10th: **Novice Regatta** @ Middletown, time – TBA **Boats Racing- TBA**

Sunday, May 17th: **Connecticut Public Schools Rowing Championships (CPSRA's)** @ Lake Waramaug in New Preston, CT, time – TBA **1st – 3rd boats and 1st novice boats**

Friday, May 22nd – Saturday, May 23rd: **NEIRA's** @ Worcester - Bus leaves Friday, May 22nd around 10:30. **1st – 3rd qualifying boats – There is a cost to attend NEIRA's of approximately \$200/athlete**

Monday, May 25th – No School – Memorial Day. No Practice

Saturday Practices – 3/14, 3/21, 3/28 and 4/4 – Practice will be 9:00-12:00

Sunday, May 31st – Banquet @ the High School at Approximately 5:00pm

Please cut along dotted line and return this section to the coaches

_____ We have read the schedule and confirmed that our child will be able to attend all events, including spring break.

_____ We have read the schedule, and our child will be unable to attend the following events.

Parent Signature _____ Athlete Signature _____

Printed Name _____

Friends of Simsbury Crew, Inc.

P.O. Box 273

Simsbury, CT 06070

Phone: (860) 658-7060

Email: simsburycrow@att.net



SPRING 2026 CONTRIBUTION

ROWER'S NAME

Spring 2026

DESCRIPTION	TOTAL
2026 Spring Season Contribution	\$75.00
Check or PayPal online – please circle payment method – Please note if using PayPal, be sure the anonymous button is unchecked. We need your name for our records.	
https://www.paypal.com/us/fundraiser/charity/1344841	
Payments	-\$0.00-
SUBTOTAL	\$75.00
TOTAL DUE	\$75.00

Employer Matching Contribution \$ _____

Employer Name: _____

The Friends of Simsbury Crew, Inc (FOSC) is registered as a 501(c)(3) non-profit organization. The purpose of the FOSC is to support the boys and girls rowing program at Simsbury High School, Simsbury, CT. Contributions to the FOSC are tax-deductible to the extent permitted by law. The FOSC tax identification number is 06-0963997.

Matching Gifts: Double the impact of your contribution

Your gift to the FOSC could be matched dollar for dollar by your employer! Many employers sponsor matching gift programs and will match any charitable contributions or volunteer hours made by their employees, retirees and/or employee's spouses. Contact the human resources department at your employer for its matching gift policy.